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Functional Medicine

TWEET GM #43

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Title

Created

THE END OF A MYTH: BREAKFAST IS NOT MOST IMPORTANT MEAL!

We have just posted QUOTE GM #43 today, which you will hopefully read.

I have been dealing with this breakfast madness most of my life. In my childhood and teenage, I always hated to eat breakfast, but was obliged. When I could decide independently, I stopped having it, but only to face myriads of criticisms from colleagues or patients when I became a doctor.

Harassment became so extreme that I surrendered after about ten years, started implementing breakfast, and became addicted to it. Things got slowly worse given that I progressively wanted to eat more often, to the point that the idea of going to London Olympic Stadium in August 2012 in order to watch Usain BOLT win gold medals stressed me regarding food supply during the numerous (amazing) hours I was going to stay there...

I therefore decided that "*Br-Exit is Br-Exit*" (you will have understood that I refer here to Breakfast-Exit), replaced damned meal with salted butter in cup of coffee, got headaches from detoxifying xenobiotics out of some starving and melting adipocytes (fat cells), slowly managed to increase time between meals, finally got completely rid of food in the mornings, shrunk belly fat like mad, and realized that was "**intermittent fasting**".

It was not until 2016 that I found out my OGG1 genotype is heterozygous variant (SC) that meant I should better embark on intermittent fasting if I wanted preventing galaxy of diseases related to **oxidative stress**, above all cancer given my DNA repair enzyme works 7 times slower than ideal.

Let me draw some conclusions: kids' instinct should not be downplayed; breakfast myth is not worth any more than other myths you hear about; intermittent fasting delivers wonders; and individualized medicine is best.